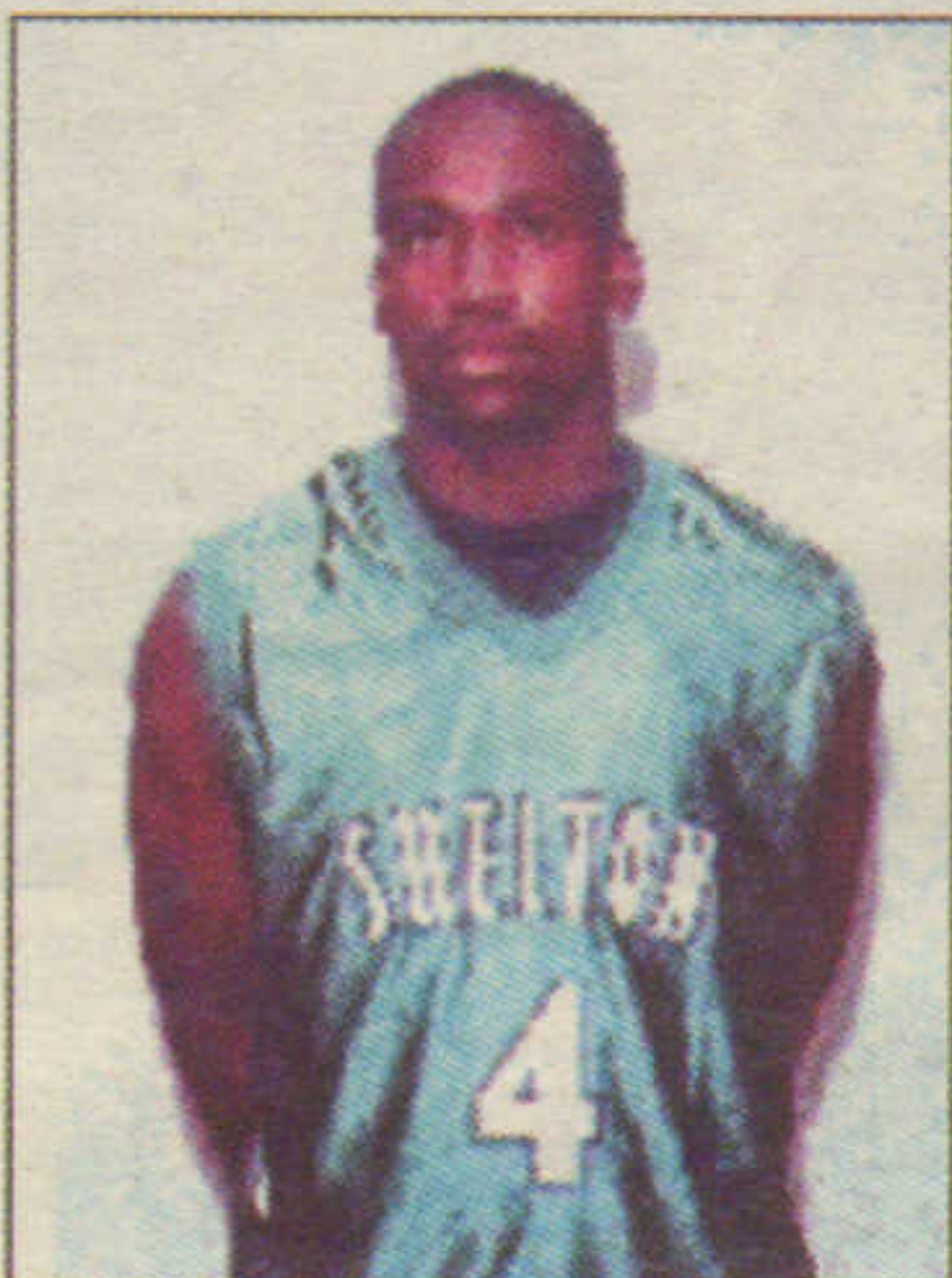


Jo-Jo on the go-go to next level



Joseph "Jo-Jo" Martin will be taking his considerable basketball skills to Alabama A&M next year.

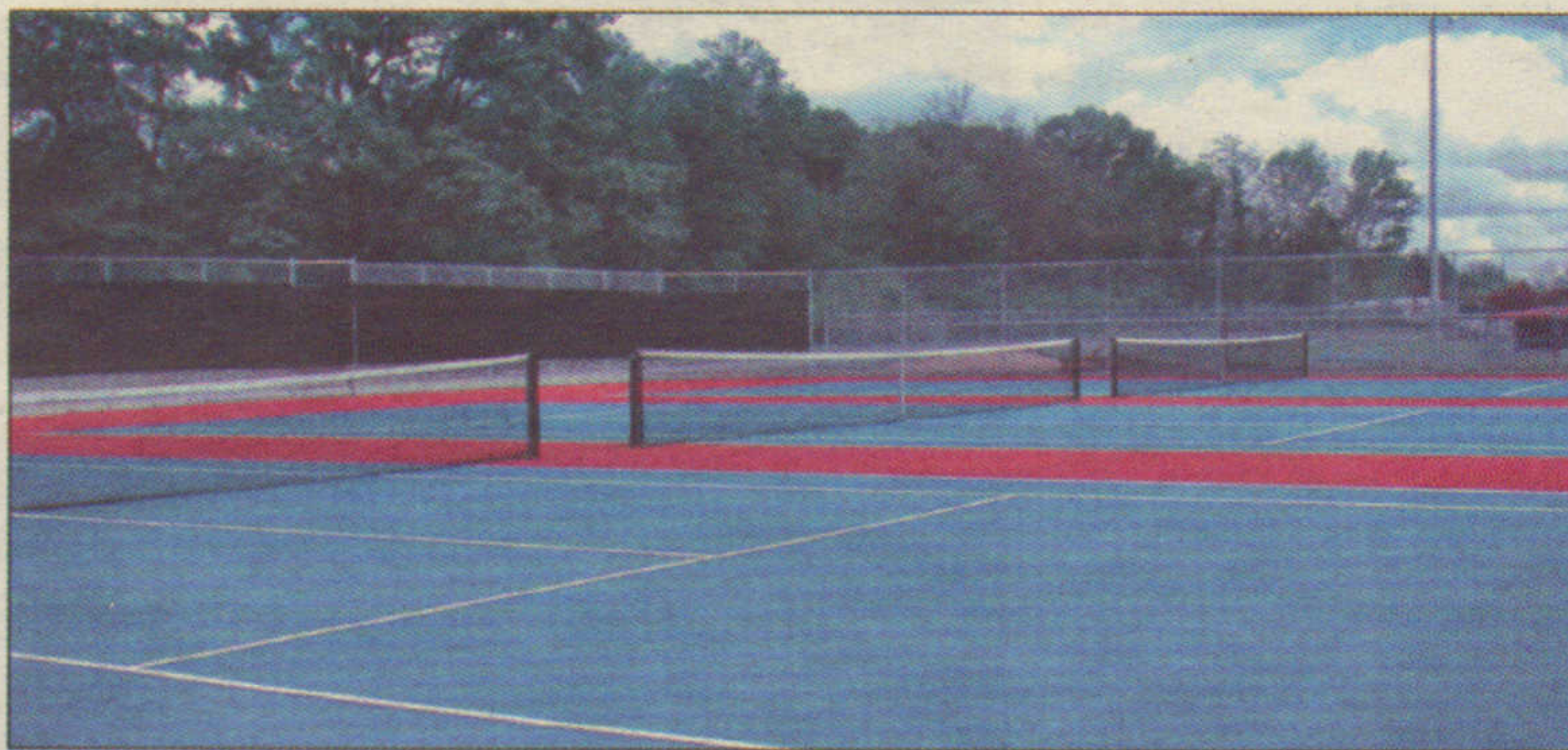
By Colitha Ball
Staff Writer

Up in the sky it's a bird, it's a plane, no it's Joseph "Jo-Jo" Martin, Shelton State's very own rising basketball star. The soft-spoken 6'4 guard from Parker High School in Birmingham talks about the things that lead him to fall in love with the game and what he sees himself doing in the future.

Martin says that he can't remember exactly when he began to play basketball, but when asked about his first dunk he was able to rattle off the exact date and what grade

See Martin
Page 3

Playing privileges



Photo/Brandon Lovett

Shelton State along with the County of Tuscaloosa helped Hillcrest High School build its new tennis courts to the east of the main building complex. Located just down Hwy. 69, less than a mile from Shelton, the Hillcrest courts have been made available for play by faculty, staff and students of the college.

Annual fair celebrates health

By Julia Davis
Staff Writer

Dr. Milady Murphy, director of the Wellness Center, describes this year's annual Health Fair as a huge success. The health fair was first started in 1990 and has grown immensely every year, she says.

This year's health fair was held on March 24 in the Wellness Center from 11 a.m. to 1 p.m. It was geared towards attracting and educating Shelton State students and the Tuscaloosa community with over 20 displays set up by different organizations from all over West Alabama.

See Health Fair
Page 5



Photo/Julia Davis

Celebrating health at this year's fair were (L-R) Robert Wilson, aerobics instructor; Dolores Royal, seniors instructor; Lea Green, Shelton Wellness instructor; Kareem McNeal, weight training instructor, and Dr. Milady Murphy, director of the wellness center.

First of a multi- part series Opening of center marks dawn of new era



Photo/Brandon Lovett

Susan Miller, the director of Shelton's newly open Center for Workforce Development, makes a point in her office.

By Dr. Jim Kenny
Publisher

Shelton has long been a great place to go for help getting a job. Because of its unique role as both a strong academic transfer program and a technical institution, the college has been looked to for more than 50 years as the place in West Alabama to help you get ahead—quick.

The only drawback to using Shelton—or any other institution, for that matter—in bettering yourself in your career is that getting help could sometimes be a challenge, a bureaucratic headache. Go to one office

See Center
Page 7

Inside The Courier

• Follow this pelican to page 5 and get a brief summary of some students' spring break

• Phi Theta Kappa inductees... page 4
• And much more!



Shelton State Career Fair to be held on April 15

The annual Shelton State Community College Career Fair has been scheduled for Thursday, April 15 from 8 a.m. to noon in the atrium of the Martin Campus.

Sponsored by Shelton State's Job Placement Center, the Career Fair provides an opportunity for one on one access to West Alabama employers as well as the Alabama State Employment Service.

Although companies are still signing up to participate, the current list includes AmSouth Bank, Tuscaloosa City Board of Education, DCH Regional Medical Center, General Cybernetics Corporation, Hall-Ray Realty, Home Builders of Alabama, McAbee Construction, Premier Service Corporation, Tuscaloosa County Sheriff's Office, Southland International Trucking, Tuscaloosa Career Link, Alabama Power, as well as

representatives from the U. S. Army and Navy Recruiting Offices.

Mike Fields, who heads the Job Placement Center for Shelton State said, "Our students are always in demand from area employers. The Career Fair gives students an opportunity to meet one on one with some of the best companies in West Alabama."

The Career Fair serves a dual purpose at Shelton State.

Not only does the Fair provide students with access to potential employers, it also provides area businesses an opportunity to showcase their products and services.

Susan Miller of the Center for Workforce Development said, "We are pleased with the response from the business community and expect to have additional company representatives signed on soon."

For additional information on Career Fair 2004, call 391-2461.

SSCC gives back to community with Project Graduation

The Phi Theta Kappa Honor Society at Shelton State Community College will be participating in "Project Graduation ... Feed a Body, Feed a Mind," an initiative designed to help alleviate hunger and illiteracy in the West Alabama community.

Graduating students and their guests are asked to bring non-perishable food items or books to Shelton State's spring graduation ceremony to be held on Thursday, May 6 at 7 p.m.

Donation containers will also be positioned in the atrium during the last three weeks of the semester.

After the graduation ceremony, the books and canned goods will be given to the Hannah Home, a residential program for abused and homeless women and their children.

"The simple gesture of bringing canned goods or a book to our commencement ceremony will help improve

the quality of life in our community," said Dr. Rick Rogers, President of Shelton State Community College. "We are excited to have this opportunity. Last year, Shelton collected 296 canned food items and 304 books.

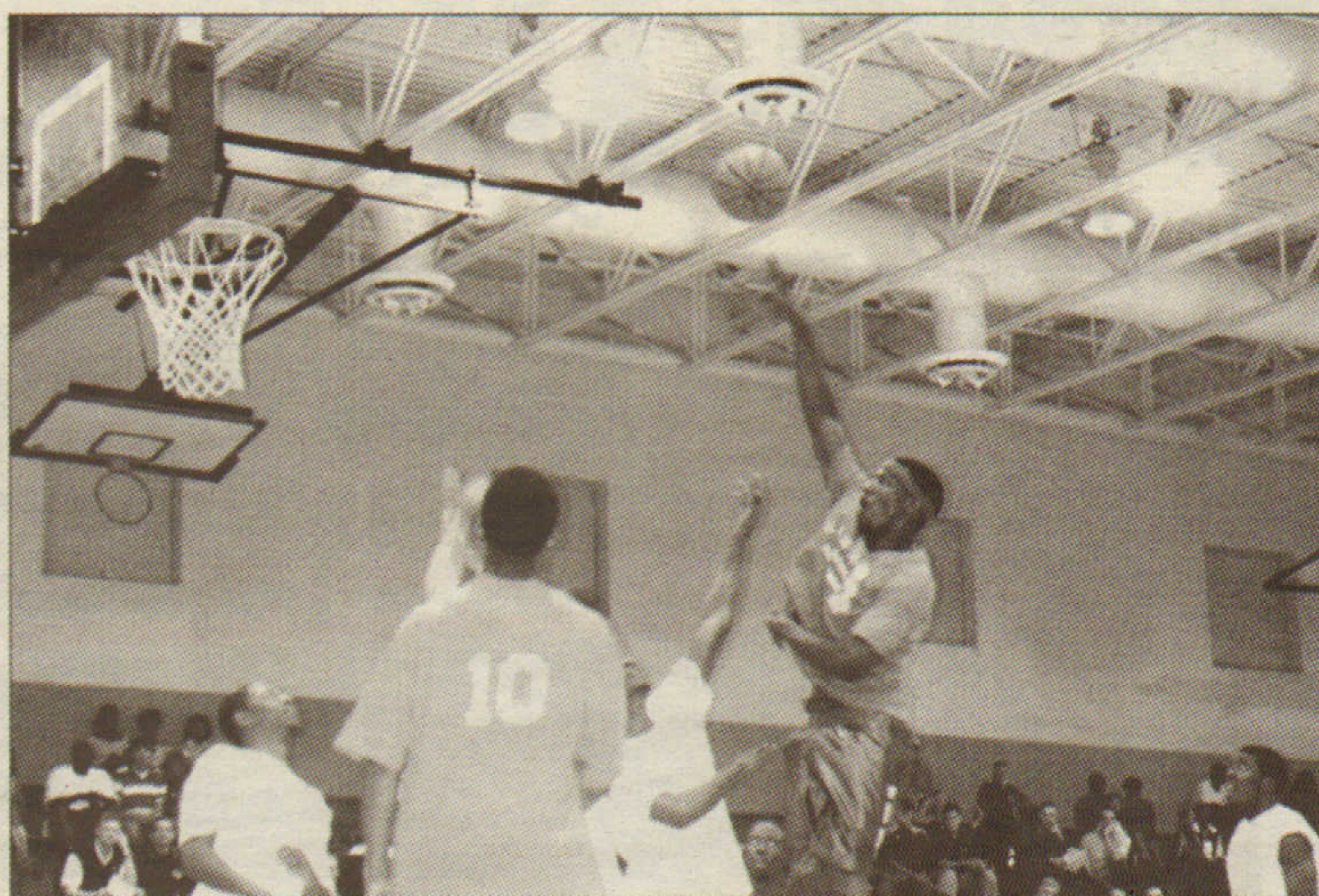
"We are proud that our graduating students want to give back to the community that has supported them throughout their community college experience," Rogers said.

The Hannah Home is always in need of contributions. "We are thankful to the students at Shelton State Community College for assisting their community in this way.

Together we can make a positive step in the elimination of hunger and illiteracy in the Tuscaloosa County area," said Sharon Roach, Director of Hannah Home.

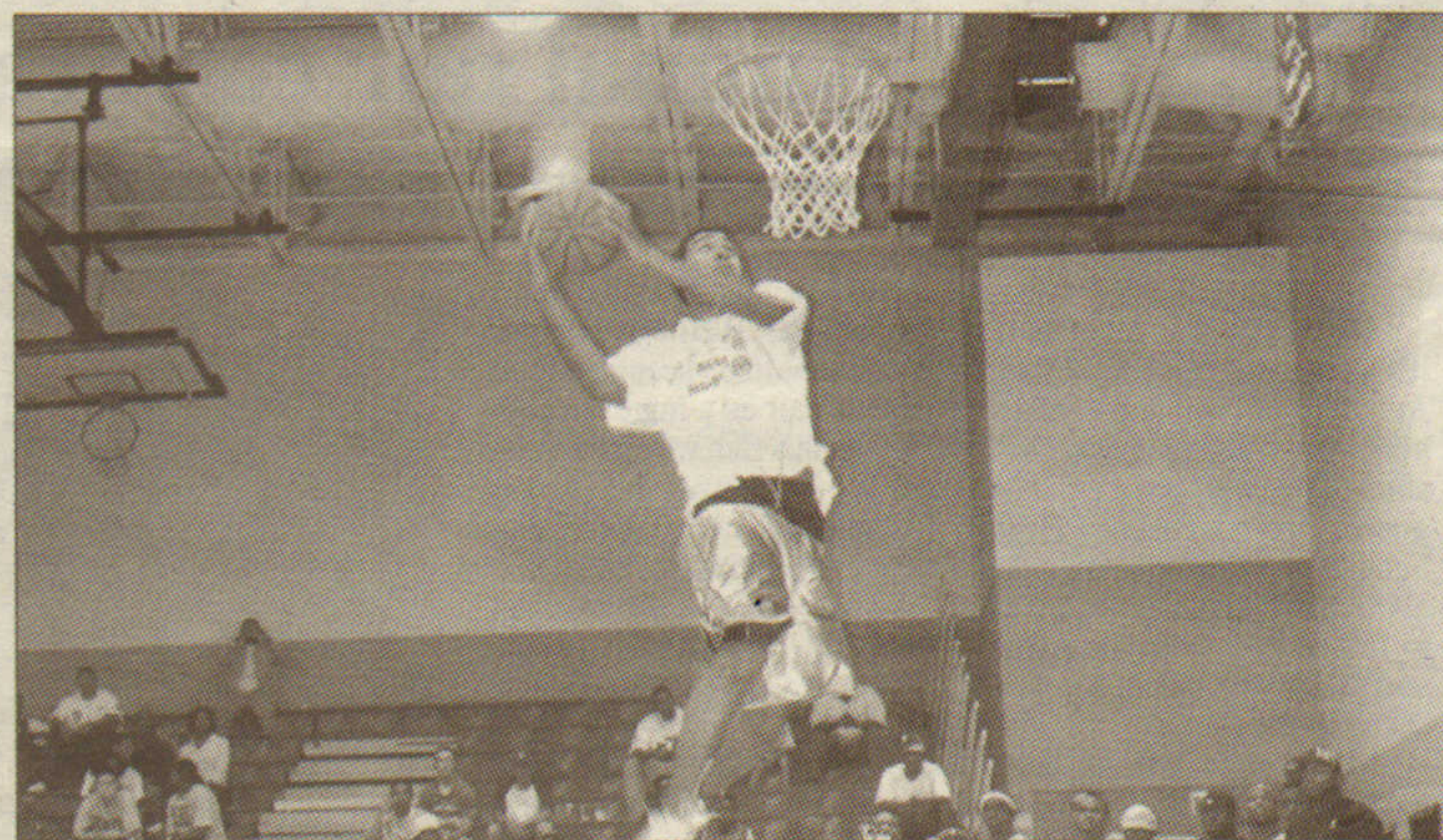
For further information on "Project Graduation," contact Nora Lee at 205-391-2367.

Flying high in the Umphrey



Photos/Brandon Lovett

Patrick Culver, Shelton's center during the past season, scored 22 points during the Alabama Community College All-Star game on March 10. Culver lead the red team to a win in the all-Star game.



Other participants in the slam-dunk contest show that they can get up—way up—as well.

More Flying high pics on page 7

Shelton State Courier

Editor
Amy P. Oswalt
Photographer
Brandon Lovett
Staff Writers
the MCM 102 class
Publisher
Dr. Jim Kenny
Business Manager
Amy P. Oswalt

The Shelton State Courier is a campus newspaper, written and produced with the help of students.

Among other functions, it is intended as a vehicle for student expression, and all students are urged to participate with submissions of written and artistic material.

The college seeks to fulfill the statement for academic

freedom in working with the students in the production of this paper.

All publications are subject to review by the Publications Action Group, which has been delegated the responsibility to review all college publications for content and accuracy.

The Courier is an equal opportunity employer and student organization. All students are encouraged to participate.

Shelton State Financial Aid Office Schedules "FAFSA" help sessions

The Office of Financial Aid at Shelton State Community College has scheduled a series of four sessions to assist students with new or renewal FAFSA applications. FAFSA (Free Application for Federal Student Aid) is a web-based application program that can be accessed at <http://www.fafsa.ed.gov>.

"We find that many students like to have a little assistance in completing this process, so we have scheduled help sessions on four dates for their convenience," said JoeAnn Cousette of Shelton State's Financial Aid Office.

Sessions are scheduled for April 5 from 5:30 to 6:30 p.m., May 10 from 2:15 to 3:15 p.m. and from 5:30 to 6:30 p.m., and May 17 from 2:15 to 3:15 p.m.

All sessions will be held in Room 1826 on Shelton State's Martin Campus.

Each session is limited to 40 persons and students should register for a specific session by visiting the Financial Aid Office on the

Martin Campus or by calling 205/391-2218.

Prior to attending a session, students must have obtained personal identification numbers (PIN) for both themselves and their parents (if they are dependents) and must have filed their 2003 federal income taxes. PIN's may be obtained by visiting <http://www.pin.ed.gov>. Students should allow three weeks to obtain their PIN; however that time may be reduced to 2-3 days if a valid personal e-mail address is provided during the application process.

Dependent students must bring the following information to their help session: student's 2003 federal tax return, student's PIN number, PIN number for one parent and a copy of their parent's 2003 federal tax return. Independent students must bring a copy of their 2003 federal tax return (if married and filing separate returns, a copy of the spouse's return is also required) and their PIN number.

Additional information on the FAFSA help sessions may be obtained by calling JoeAnn Cousette at 205-391-2247.

Martin From Page 1

he was in when this occurred. Martin quickly stated "11th grade, Nov. 17, 2000."

Martin credits his high school coach and cousin, Maurice Ford, with teaching him to be tough on the basketball court.

"Even though we were family, he didn't go easy on me. If anything he made it tougher on me than anybody else," said Martin.

Although Martin has played against many skilled players, the one player that seems to stick out in his mind was former Alabama player Rod Grizzard. Martin admired Grizzard's skills, but never wanted to duplicate him only make his personal game better than Grizzard's.

In talking to Martin his passion for the game is evident.

"Basketball is always fun, even when you're losing, it's fun. Losing makes you want to keep playing, and winning just makes you want to continue to win. I have always had a passion for the game, but I get more joy out of playing than I do watching," said Martin.

Martin also shared news about his signing with a division one school, the Alabama Agricultural & Mechanical University.

"I had other offers, but I choose Alabama A&M,

because it was close to home and I have close friends there. Plus, the coach is looking for me to come in and help the program out a lot," said Martin.

Martin also surprisingly explained that his plans are not to stay in the game for long.

"No I don't see myself going pro. I mean I love the game, but I can't throw my whole future into it," said Martin.

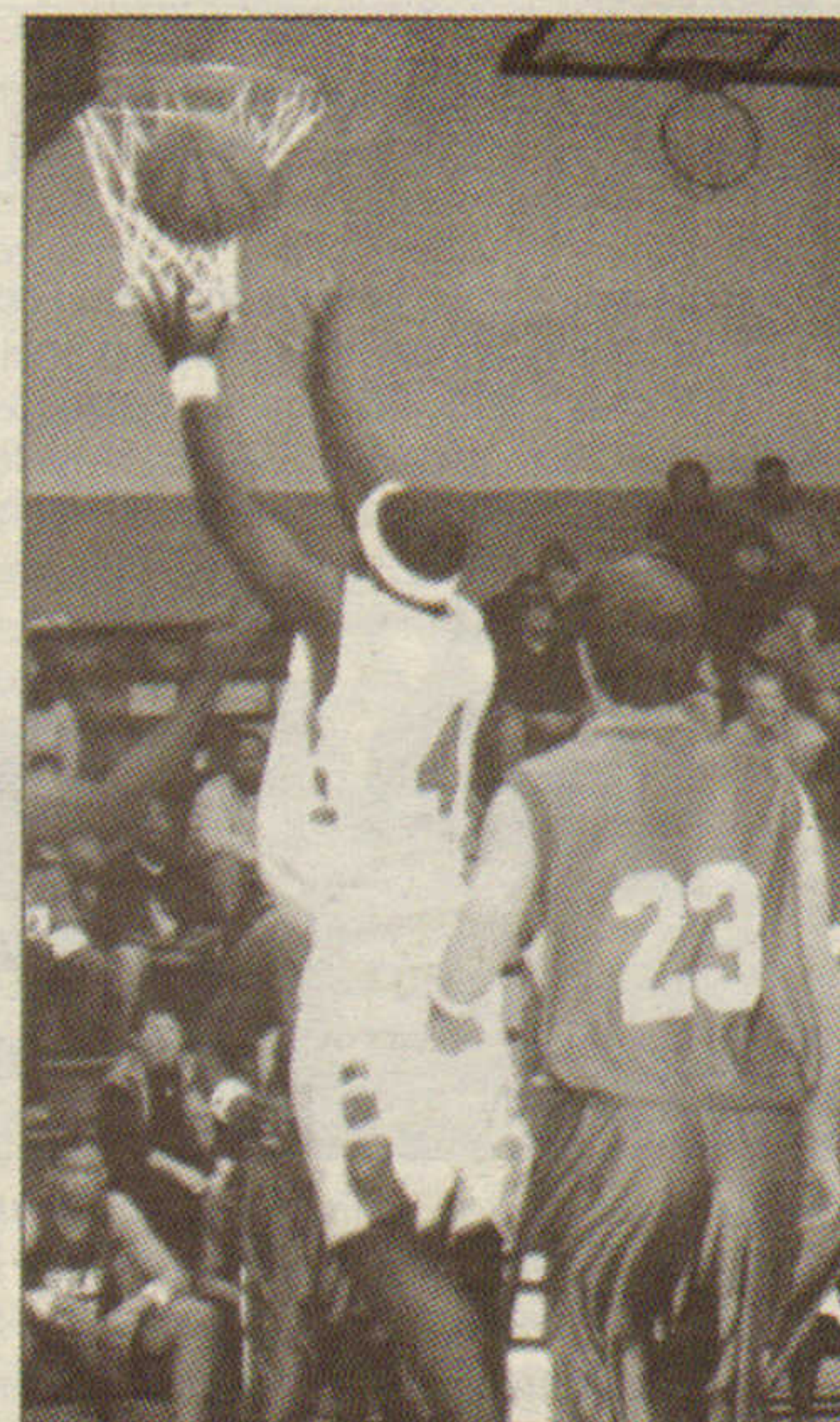
Martin's father, Joseph Martin, Sr., remembers his son having a love for basketball at a very early age.

"I first noticed my son had a love for the game about eight or 10 years ago. He kept a basketball in his hands

and all he wanted to do after church was go down to the basketball courts. Joseph didn't watch as much as he participated, unless it was a Duke vs. North Carolina game on," said Martin, Sr.

And where does Martin seem to get his level-head from when it comes to basketball? His father explained.

"I know how hard it is to get into the NBA, having been cut 30 years ago myself. I



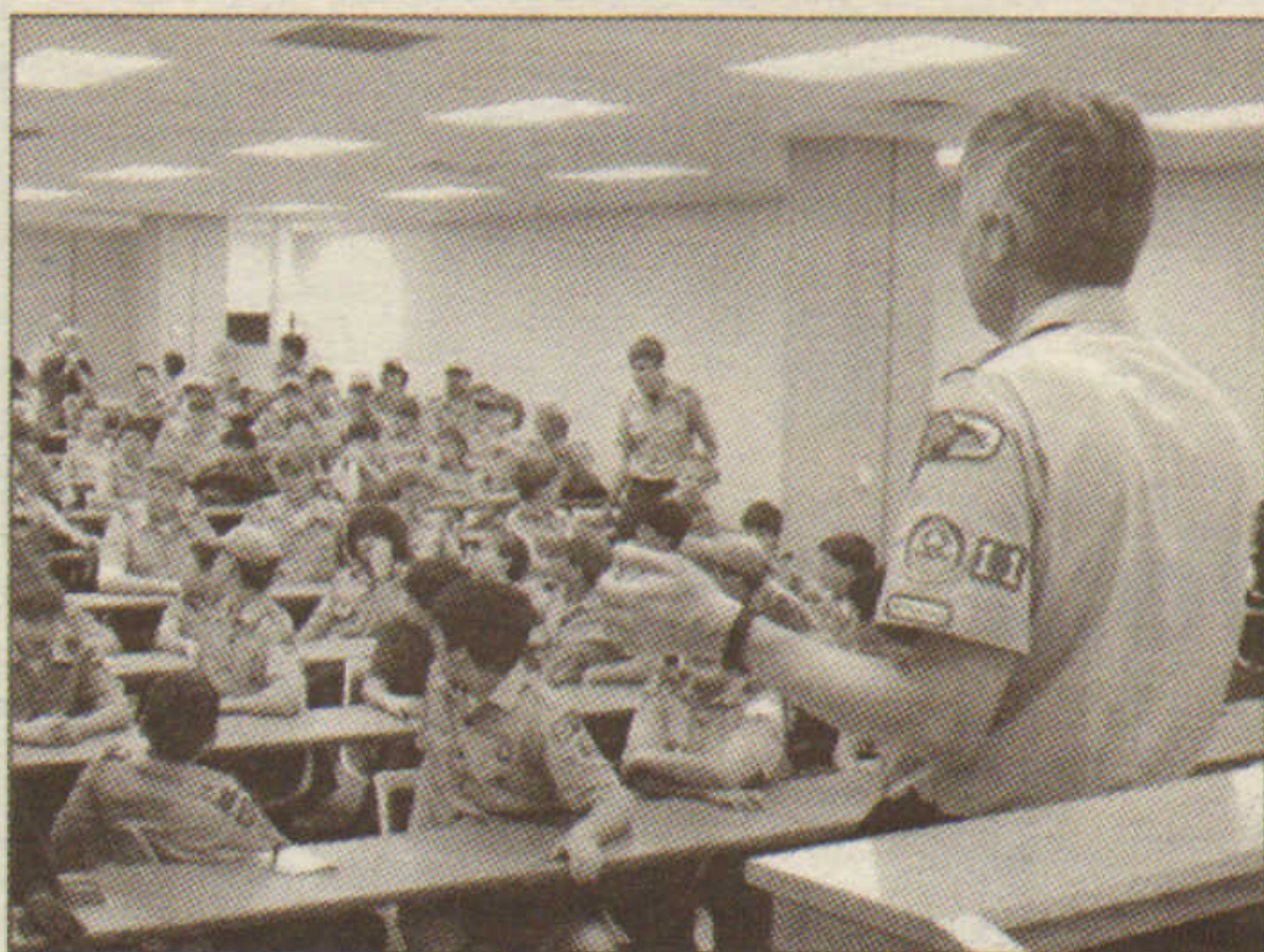
Photo/Brandon Lovett

Jo-Jo Martin in action at a game at the Umphrey Center during the 2003-2004 season.

have always told my son education first and basketball second. I encourage Joseph not to put all his eggs in one basket," said Martin, Sr.

When finding out that Martin was going to appear in the *Courier*, fellow teammate Hassan Riggs reflected what most of Martin's teammates probably feel.

"You couldn't have picked a better person to interview; he is great guy," said Riggs.



The "dean" of the 8th Annual Merit Badge College, Bill Aldridge (economics instructor at Shelton), calls to order the Boy Scouts on March 20. Scouts of the Black Warrior Council chose among 12 merit badge classes.

Adult volunteer leaders were also offered a class on youth protection training.

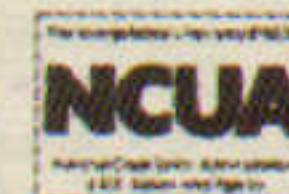
Approximately 125 scouts participated in this year's program.

COME JOIN US! WE HAVE AN ACCOUNT FOR YOU.

NOW OPEN
OFFICE IN SOUTH PLAZA SHOPPING
CENTER. STOP BY TODAY!
6570 HIGHWAY 69 SOUTH, SUITE J



759-1529
www.ttcuweb.com



Shelton's Phi Theta Kappa inducts new members

Phi Theta Kappa held its induction ceremony on March 21 at 3 p.m.

Dr. Cordell Wynne, Assistant to Shelton President Rick Rogers, served as the guest speaker.

This year's PTK officers were also installed: Lindsey Michelle Thomas as president, Johnatan Dillan as vice president, Laurie Bowden as fellowship officer, Brittany Leigh Cockrell as service officer, and James Albert Marchant as communications officers.



Seven of the 41 new members inducted into Phi Theta Kappa on March 21 pictured above are (L-R) Brandy Sharee, David Allen Clibern, Stephen Smunck Chamberlain, Glenda Faye Carter, Erica Faith Byars, Casey Elizabeth Boswell, and Holly DeRamus Beck.



Pictured above are (L-R) Joshua Wayne Taylor, Cayla Brooke Watkins, Valerie Frances Weaver, Sheena Kay Wheat, Timika Renee White, Ashley Jade Whitmore, and Keith Douglas Williamson.



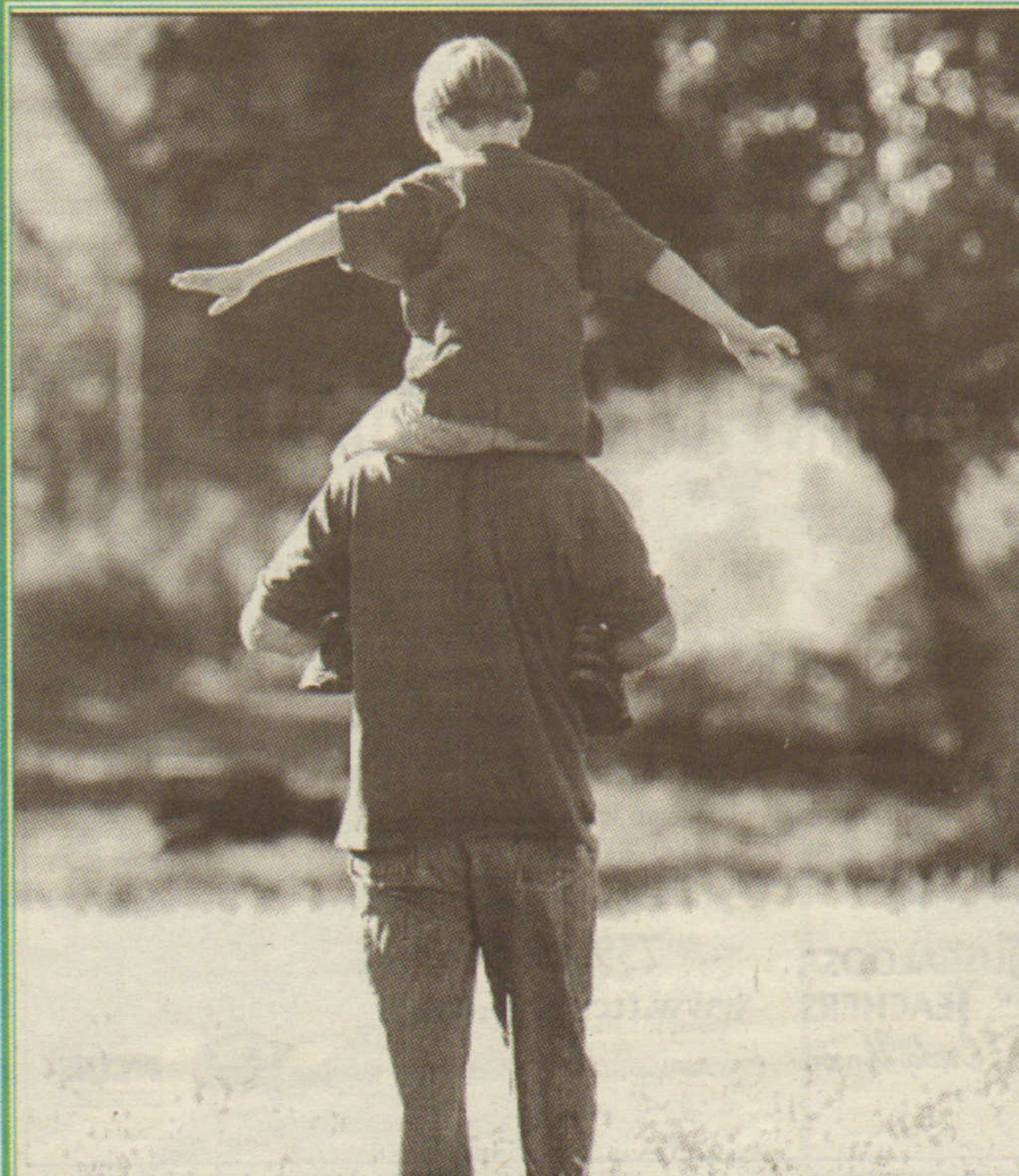
New PTK members pictured above are (L-R) Justin Claude Poole, Heather Marie Poore, Lindsey Marie Prescott, Russel Eric Price, Leslie Eileen Rapkin, Brandy Jo Seale, Cammie King Smith, Anna Elizabeth Stanford, and Donna P. Strickland



Pictured above are (L-R) Christopher Michael Howard, Lauren Hope Howell, Terry Mark Jordan, Joyce Ann Kicker, Andrea Cheek Lee, Michael Lee, Katherine Jane Lewis, Caleb Mathew Lightsey, Mary Grace Nelson

ΦΘΚ

Members pictured at right are (L-R) Jala Dawn Elmore, Christopher VanBuren Fitzgerald, Julia Sierra Fladstol, Martha Tingle Garrette, Sheree LeighAnn Gibson, Christin Michelle Hallman, Ashley Lauren Henry, Candi G. Hodges, and Robin Rae Horne.



Investing in Your Future.

NBC
NATIONAL BANK OF COMMERCE

Are you ready for more?

Member FDIC

Health Fair From Page 1

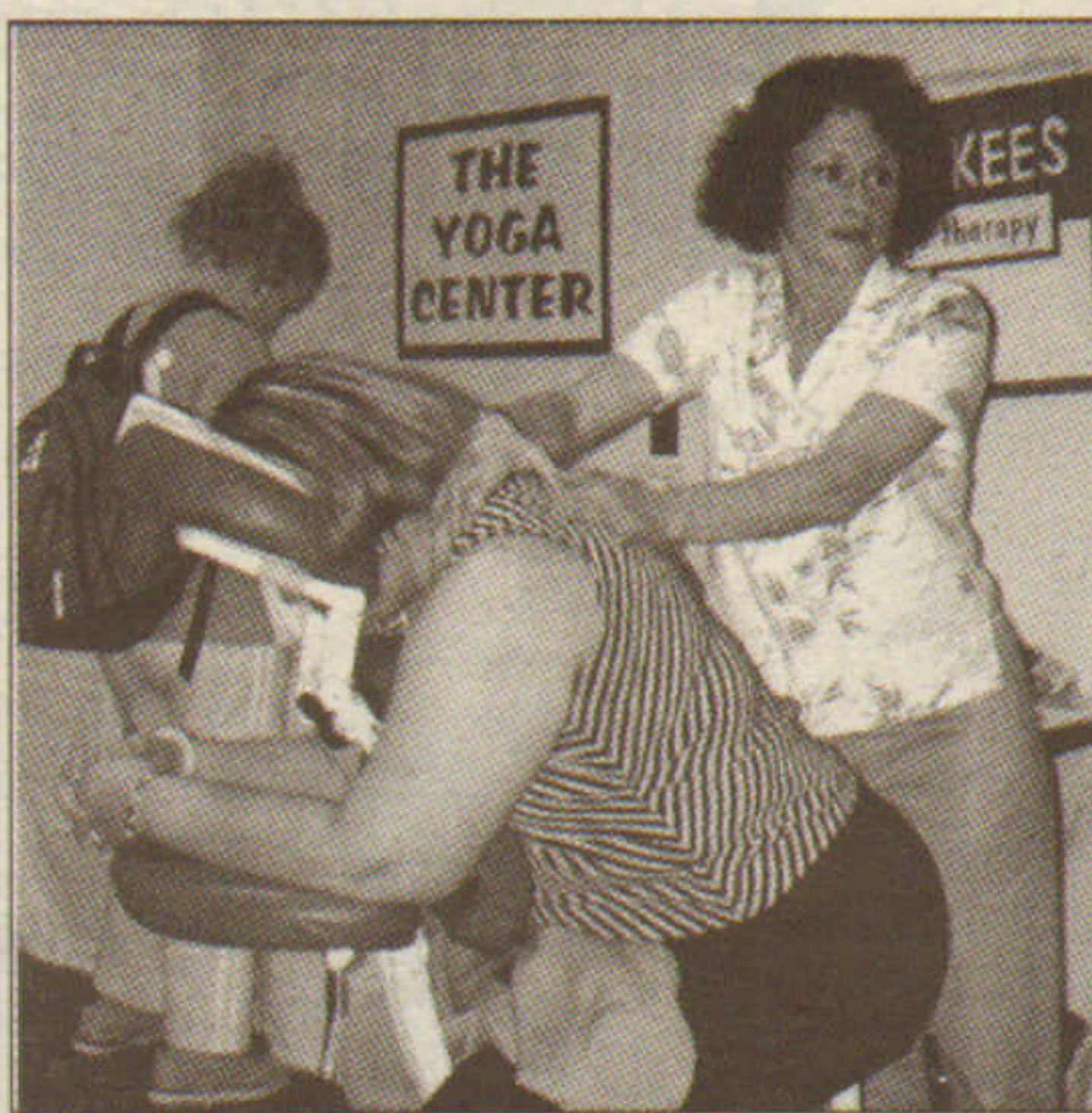
The Health Fair also had a fitness demonstration, showcasing not only some of Shelton State's fitness instructors but some current students as well. The demonstration featured martial arts, aerobics, yoga and more.

The Health Fair consisted of not only many displays, but also some educational services such as a free spinal screening from Tidwell Chiropractic. Also Athlete's Foot, a Tuscaloosa area shoe store, had a machine set up to measure your foot and find the ideal shoe for you.

William Christian and his wife represented the Humane Society, along with a 13-year-old dog Codi. They said they really wanted to "make people stop and think about the responsibilities of a pet" and "educate children of all ages to care for animals."

Christy Cooper of HEALTHSOUTH came to "let people know that they have choices." HEALTHSOUTH offers an additional outpatient facility that includes diagnostics, surgery, and rehabilitation and with extended hours she feels "we can better meet your needs."

Hospice representative Nita Moore says she wants people to know that "the services are available and we don't want people to face this



Photos/Brandon Lovett

Linda Keys of The Yoga Center in Tuscaloosa administers a little ad hoc therapy during the health fair.

possible."

There were a few fitness centers at the Health Fair including Cory Everson's Fitness for Women. Ashley Smith, an employee, said, "Cory Everson's is the only fitness facility that caters to women."

Another fitness center, Gold's Gym, was advertising their new expansion. They now have a better workout environment with tanning beds and a smoothie bar, says fitness consultant Shaleatha Bailey. They also started a new class called Body Pump, and Bailey highly recommends it because "it's a fast way to get in shape."

The Paul "Bear" Bryant Museum also had a display featuring highlights from previous years and players. Coach Clem Gryska, who coached under Bryant, hopes the video clips "bring back fun memories." This is Gryska's 63rd football season and he said, "I still get excited."

Shelton had a few displays set up, James

Ware, a student at the Alabama Fire College, took a break from his studies to tell people about the 42 week fast-track paramedic course in which he is enrolled. Ware is from Bessemer and says the

course is tough, but he enjoys it.

David Cochrane was handing out brochures for Shelton's Lifelong Learning Center that described the center as "relaxed, fun and educational" and "offers you new skills, new friends and new adventures." Cochrane says they offer a wide variety of class for people over the age of 55, and they currently have about 130

students.

Shelton's students were also involved in the health fair. Members of the athletic department were selling raffle tickets for gift baskets to raise money for Relay for Life,

which will be held April 16 on Central High School's track. Students from the nursing program offered free blood pressure screening.

Melanie Freeman, an intern at the Wellness Center, helped out by allowing Health Fair attendees the opportunity to have their body fat percentage calculated. She said, "We had a really big turnout." Hopefully, there was no pun intended.

After attending the health fair Gay Townsend, of Tuscaloosa, said she thoroughly enjoyed it. The 2004 Health Fair was Townsend's first and she said "Shelton State is absolutely beautiful."

All in all, this year's Health Fair appeared as an enormous hit. It seemed like the students, faculty and local organizations put a great deal of hard work into the fair to allow the students and the Tuscaloosa community to learn more about what is available to them.



Robert Wilson, SSCC aerobics instructor, leads a demonstration during the health fair.

Healthy Tidbits

•Most abusive adults started out abusing animals in their childhood.

•Dr. Michael Ellerbusch from Alabama Orthopaedic and Spine Center comes to Shelton on Tuesdays to care for athletes.

•The American Red Cross offers CPR courses regularly and if more than six people are interested they will come to you.

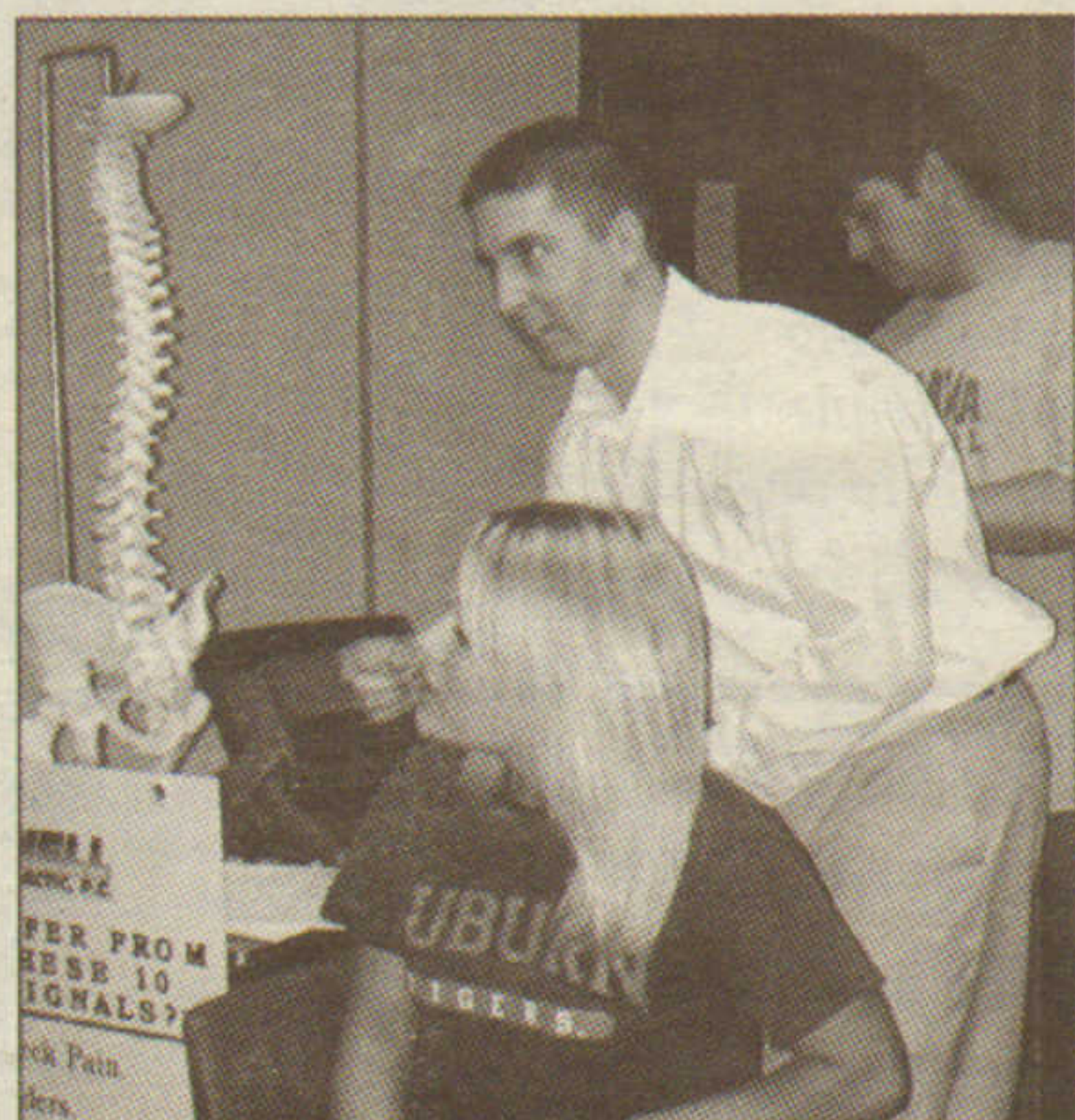
•Gold's Gym has student rates.

•The theme for this year's Relay for Life is Kiss Cancer Good-bye.

•The healthy percentage of body fat for college age women is 12-25% and men 7-20%.

•80% of people aren't wearing shoes that are good for their feet

•Two people in our area have been cured from sickle cell disease through bone marrow transplants



Jason Pate, soon to be a chiropractor working at the Tidwell Center, demonstrates a principle of spinal health.

alone." The organization's brochure states that the purpose of Hospice is to "provide support and care for people in the last phases of incurable diseases so that they may live as fully and as comfortably as

Englewood Apartment Homes

Attractive 2 bed/2 bath

Within walking distance to

Shelton State Community College

On-site Management

Hillcrest/Englewood school zone

Awesome move-in special for Shelton students and staff!

Stop and see!

Model open 8 a.m. to 4 p.m. daily.

Bill Lunsford Construction & Development
758-3232

Gimme a break!

By Elizabeth Strangis
Staff Writer

It's that time of the year again. After a week of break for students in Tuscaloosa, it's time for them to get back to work and start studying for finals.

As students came back to school, I wondered where they went and how they spent their much-needed break.

Knowing I enjoyed my break so much, I decided to ask a few other students about their Spring Break and what their favorite part of the week was.

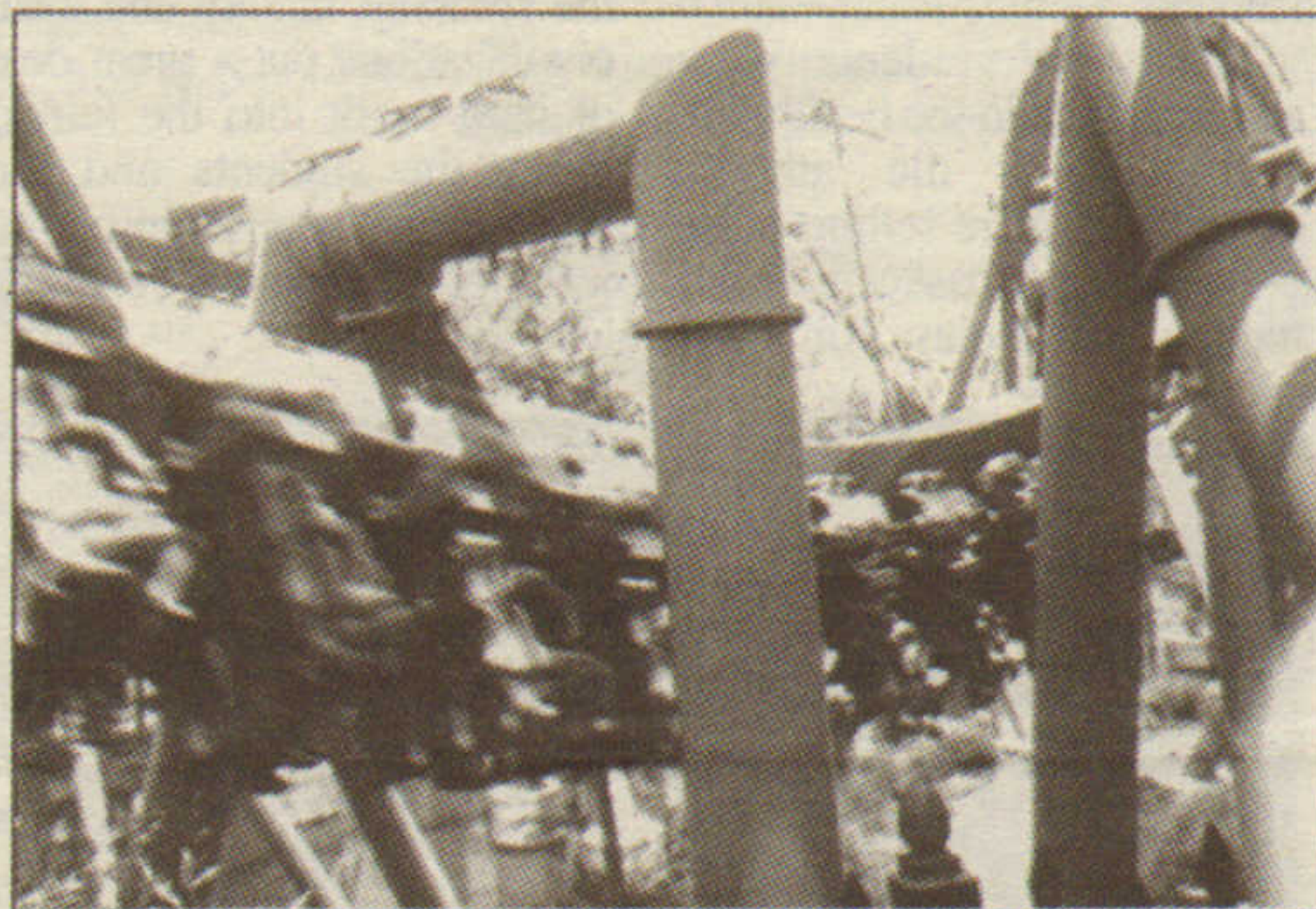
Here's what people had to say:



Kristen Lumpkin spent her vacation in Key West. She said, "The best part of my trip was being with my family and not worrying about school for a whole week."



I myself took a trip to Tampa Florida. My favorite part of the week was going to St. Petersburg pier and watching the Blue Angels Navy air show and the sailboat race.



Kimberly Thorton spent her time in Orlando, Florida. Her favorite part of the trip was, "Riding all the roller coasters at Universal Studios. It felt good to have such a rush."



Trey Graf spent his time partying in Orange Beach. Graf said his favorite thing was, "Hooking up the gas powered blender on the beach and havin' a good time"



Patrick Reid spent his time in Panama City. "I just loved the whole trip—laying in the sun, hanging out with friends by the pool, and meeting girls. I can't wait till summer."



Tim Harrington spent his time in Daytona Florida. Harrington said, "My favorite part of the trip was taking the boat out and riding waverunners, all while having 'Callacab' in my hand."



Martin Eye Care

Hillcrest Shopping Center

Comprehensive Eye Exams
Contact Lenses, Clear and Color
Freshlook® Acuvue® 2®
CoverGirl® Colors®

Emergency Eye Care
Designer Frames
Ralph Lauren® Nike®
Calvin Klein® Kenneth Cole®

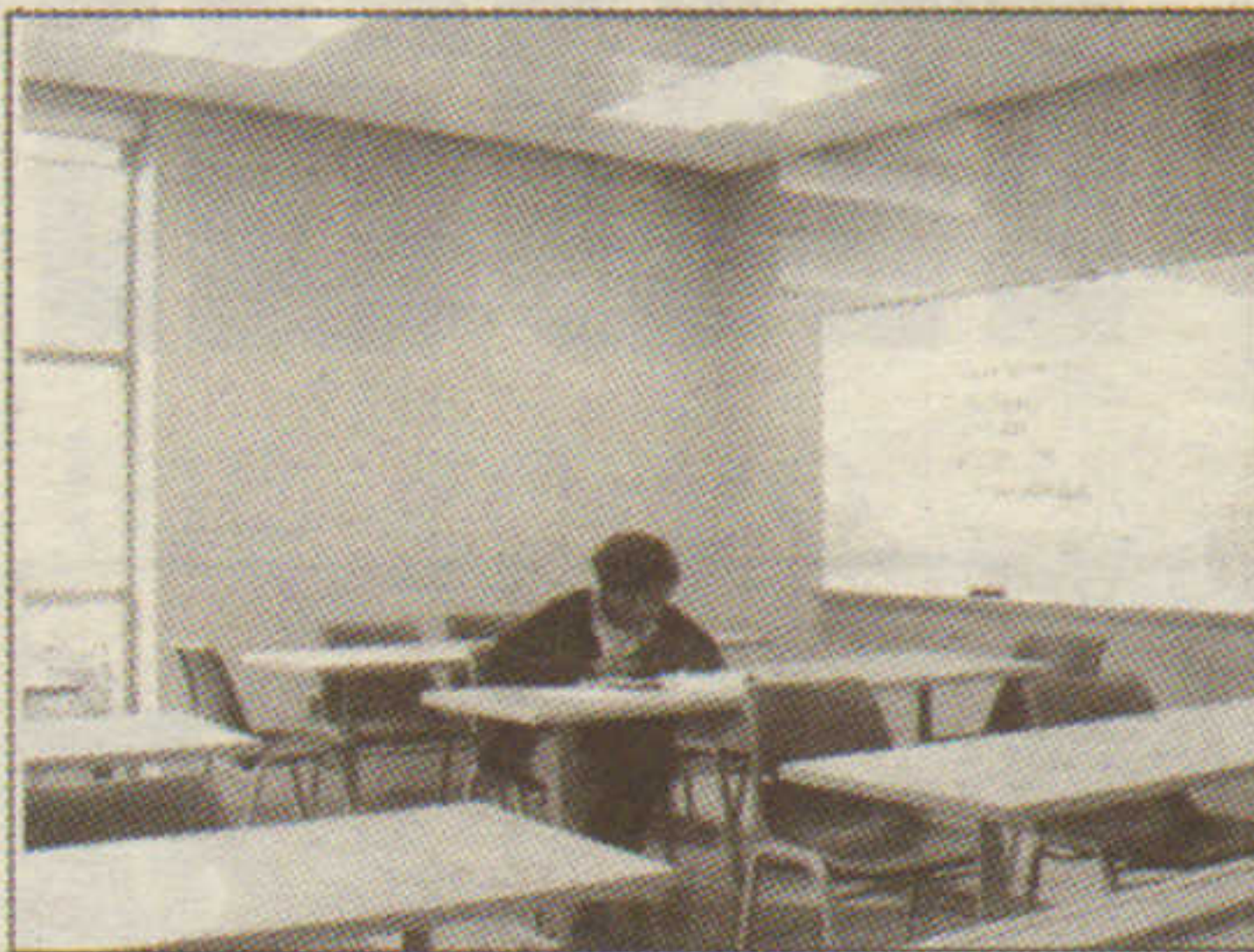
& more

10% discount on materials with Student I.D.

Marston C. Martin, O.D.

344-5111

Center From Page 1



Photos/Brandon Lovett

The Center for Workforce Development is now open for business in the east wing of Shelton's Martin Campus.

for this, a different office for that, downstairs, upstairs, maybe all around the town.

But no more. With the opening of the West Alabama Center for Workforce Development, Shelton has put in one spot everything people need to better their job situation. What's more, potential employers will now have one clear destination when wanting to partner with the college.

Located on the far eastern end of the Martin campus, the center puts into one wing three of the college's main outreach programs: the Training for Business and Industry Center (TBI), the Continuing Education/Skills Training Division and the Shelton State Job Placement Center.

The Center was developed to ensure a coordinated effort between the college, business and industry. Moreover, job-seekers will have a central location to make a connection to local industry and their job openings.

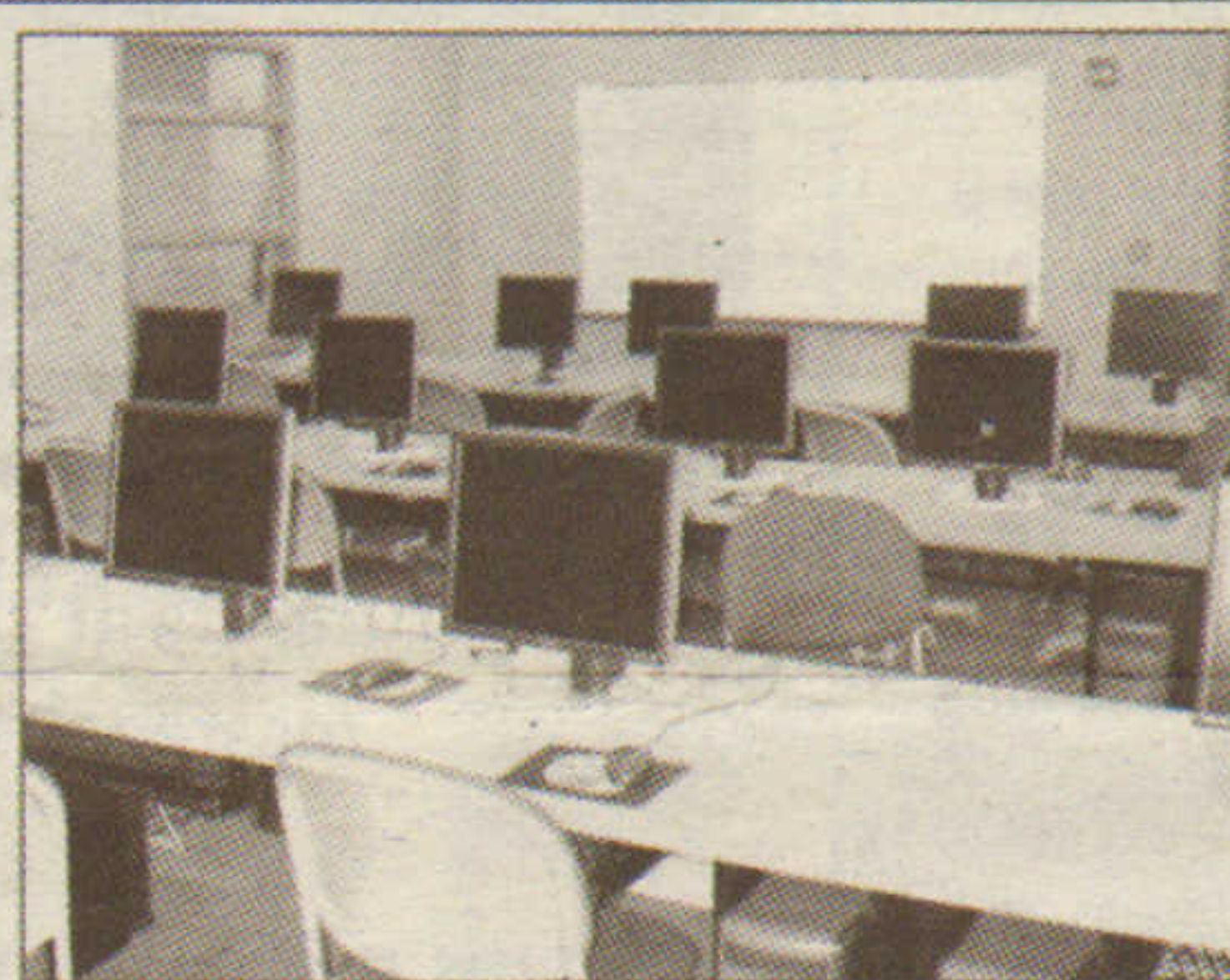
In addition, the Center will provide West Alabamians who want stable employment an opportunity to gain the basic skills through pre-employment programs, specializing in improving math and reading skills. Through its Focused Industry Training (FIT), the Center will also zero in on such things as computer literacy, applied math, reading for information and

essential workplace skills. Attaining these skills through the Center will result in attaining an "Alabama Certified Worker" credential for attendees.

Besides Shelton, the Center provides FIT training at a total of nine other sites, including in eight other nearby counties.

To Susan Miller, the Center's director, this new facility can become the kind of place that can change people's lives forever. "We are hoping workers who use these facilities will develop a life-long learning perspective. Just to be stable in your job nowadays, you need to keep learning and be able to adapt. You need to learn new things to get ahead, but nowadays you need to keep learning just to survive."

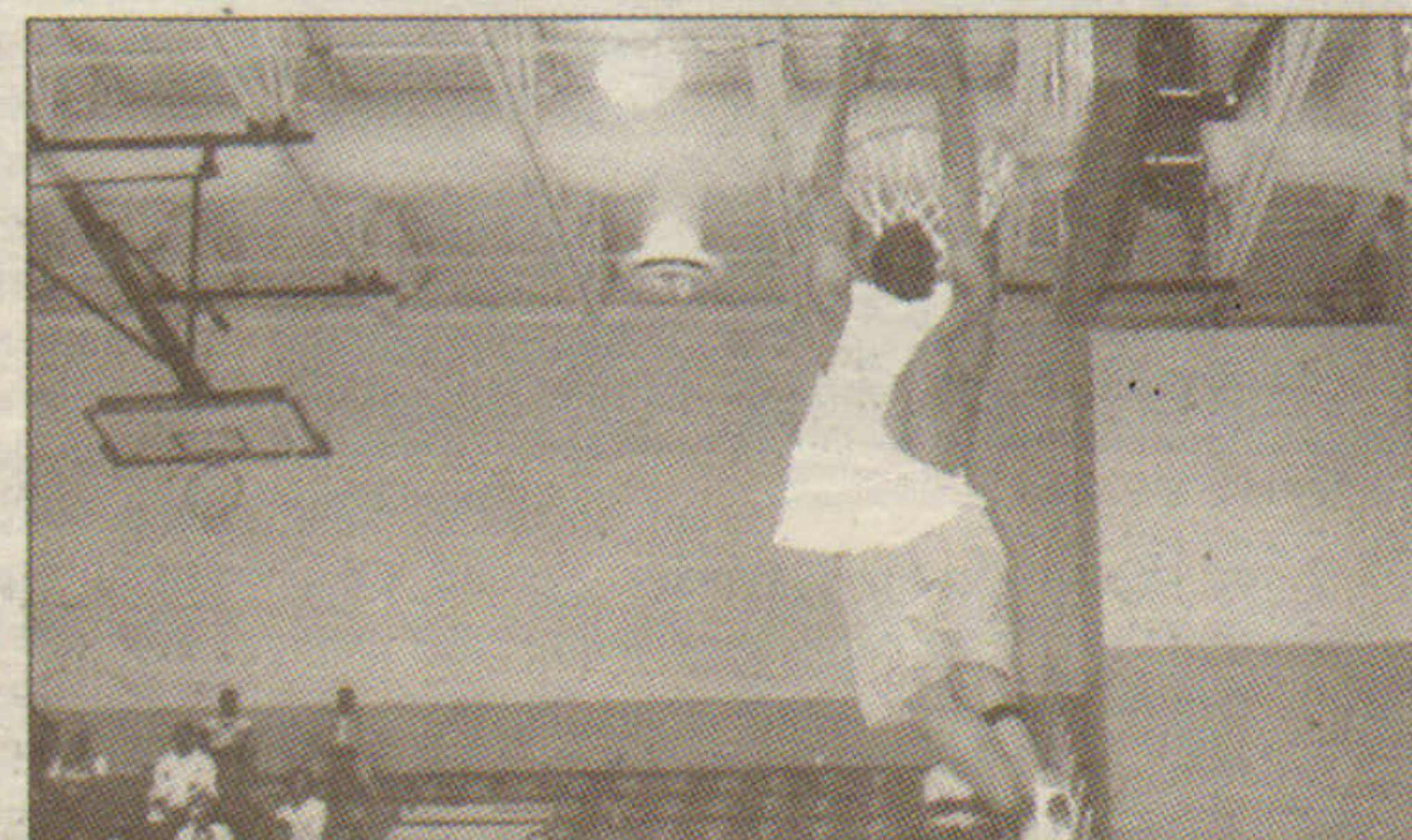
Various aspects of the West Alabama Center for Workforce Development will be featured in subsequent issues of the Courier, including ways that each student and each resident of the area can use the facility to get ahead in life...



Flying high continued from page 2



Shelton's own vertical artist Kareem Ward endangers his head during one of his dunks in the All-Star slam-dunk contest. Ward won the competition with a dazzling display.



Two-handed, rim-rocking slams also in on display during this All-Star slam-dunk contest.

Alabama Broadcaster Association's scholarship deadline is April 16

Details of the scholarship program, including the application form, are available on ABA's website, www.al-broadcasters.org.

ABA will award 10 scholarships, each in the amount of \$1500 cash.

Contact ABA at (800) 211-5189 with any questions.

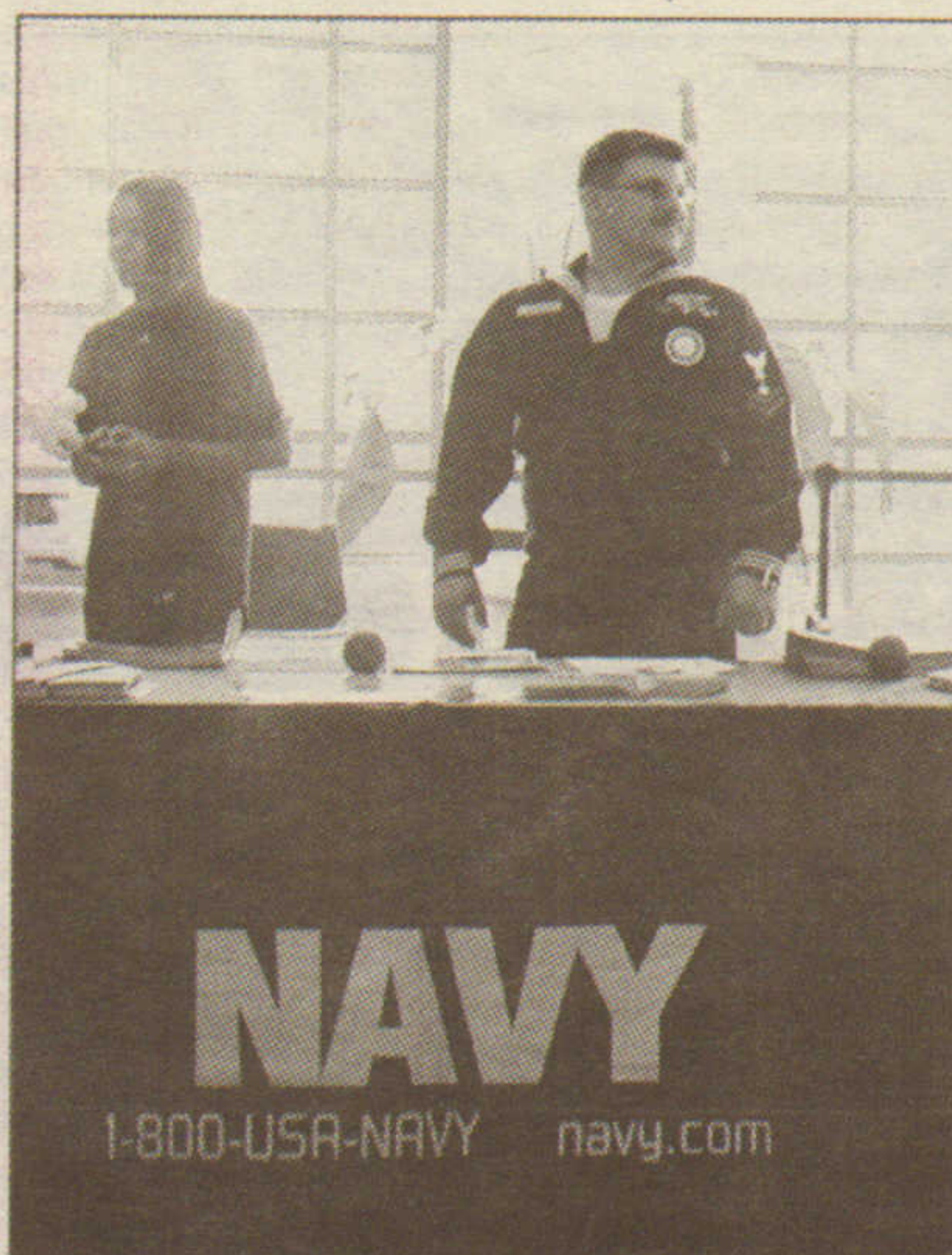
PAYDAY LOANS!

Up to \$500

Qualifications: minimum income \$1,000 month, valid ID, phone, personal checking account, 18+, steady job.

205-956-7327

SSCC students get real world experience



Photo/Brandon Lovett

Navy Recruiter Steel Worker Second Class Sagliano stands by the Navy's marketing table waiting to talk to Shelton students about the Navy and its benefits. "This project lets the students find out more about marketing and helps us too," said Sagliano.

The U.S. Navy sponsored a unique hands-on industry-education course in which marketing students from Shelton's BUS-285 class participated and promoted awareness of the Navy to their fellow students on campus.

The 25 business students were given the unique opportunity to put their education to work in the real world.

Over a period of six weeks, the students created a working marketing agency that was responsible for researching, implementing, and evaluating an integrated marketing campaign for their client, the U.S. Navy.

The students were given a \$2,500 budget to help them bring their plans to life.

The unique partnership was part of an industry-education program sponsored by U.S. Navy, known as the Navy Marketing and Recruiting Internship.

The Navy Marketing and Recruiting Internship provides students with the rare opportunity to apply classroom teachings to real-world business practices. Students in the BUS-285 class formed a "marketing agency."

The goal of the project was to design and implement a marketing campaign aimed at educating their target market about the U.S. Navy and the benefits of the career oppor-

tunities available to students at Shelton State Community College.

The college campus is the ideal environment to teach young adults about the U.S. Navy and the career opportunities they provide.

And who better to talk to students about exciting new career options than other students?

After organizing their agency and researching their target market, the students spent the first half of the spring semester of 2004 formulating their marketing strategy recommendations and campaign ideas.

They had the opportunity to design an integrated marketing campaign (IMC) aimed at increasing awareness for the U.S. Navy and their recruiting needs.

After presenting their concept to the Navy, they executed their campaign as well as tracked and analyzed the results.

The program resulted in a formal, agency-style presentation by the students to dignitaries and representatives of the U.S. Navy.

The presentation was an opportunity for students to develop public speaking and presentation skills, in addition to building self-confidence.

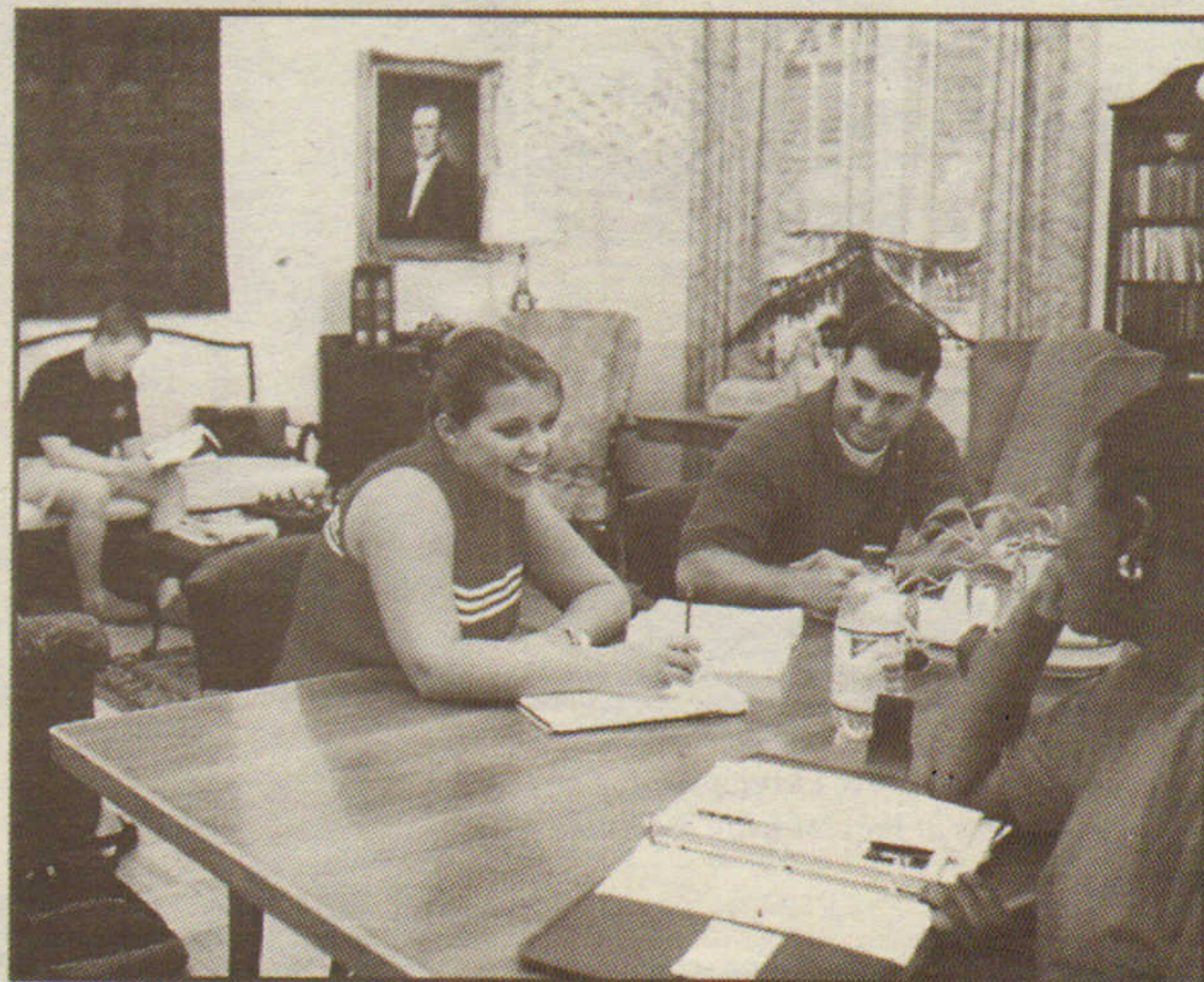
Today's college students are in a "catch-22" when entering the job market—they lack experience and find themselves in a situation where they cannot find a job due to their inexperience.

The Navy Marketing and Recruiting Internship effectively bridges the gap between industry and education providing students with the hands-on, experiential learning necessary to find employment and a business partnership with an organization offering several career options.

EdVenture Partners, an education marketing company based in Berkeley, Calif., has designed unique industry-education partnerships at over 300 campuses across the United States.

EdVenture Partners, in conjunction with the U.S. Navy, provides each student agency with ongoing resources, guidance, and a project budget to implement their marketing campaign.

Get Real



Students at the University of Montevallo master the subjects of their choice.

Perhaps more importantly, the liberal arts foundation of a University of Montevallo education allows students to develop the critical-thinking skills required for success in their careers, their communities, their lives.

At UM, we believe preparation for the real world is the most important education of all.

Educating for Life



University of Montevallo

Alabama's Public Liberal Arts University®

(205) 665-6030 or 1-800-292-4349

e-mail: admissions@montevallo.edu

<http://www.montevallo.edu>